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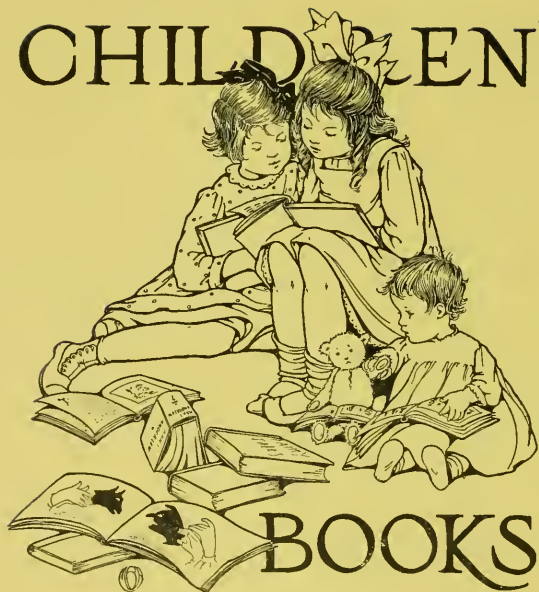
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# WHAT MY CHILDREN LOVE TO EAT



LLOYD ADAMS NOBLE, Publisher, NEW YORK

MY  
CHILDREN'S



BOOKS

# WHAT MY CHILDREN LOVE TO EAT

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*How to Prepare the Menus*

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By

ELIZABETH COLSON

Author of

"The Child Housekeeper," "Letters to Children," etc., etc.

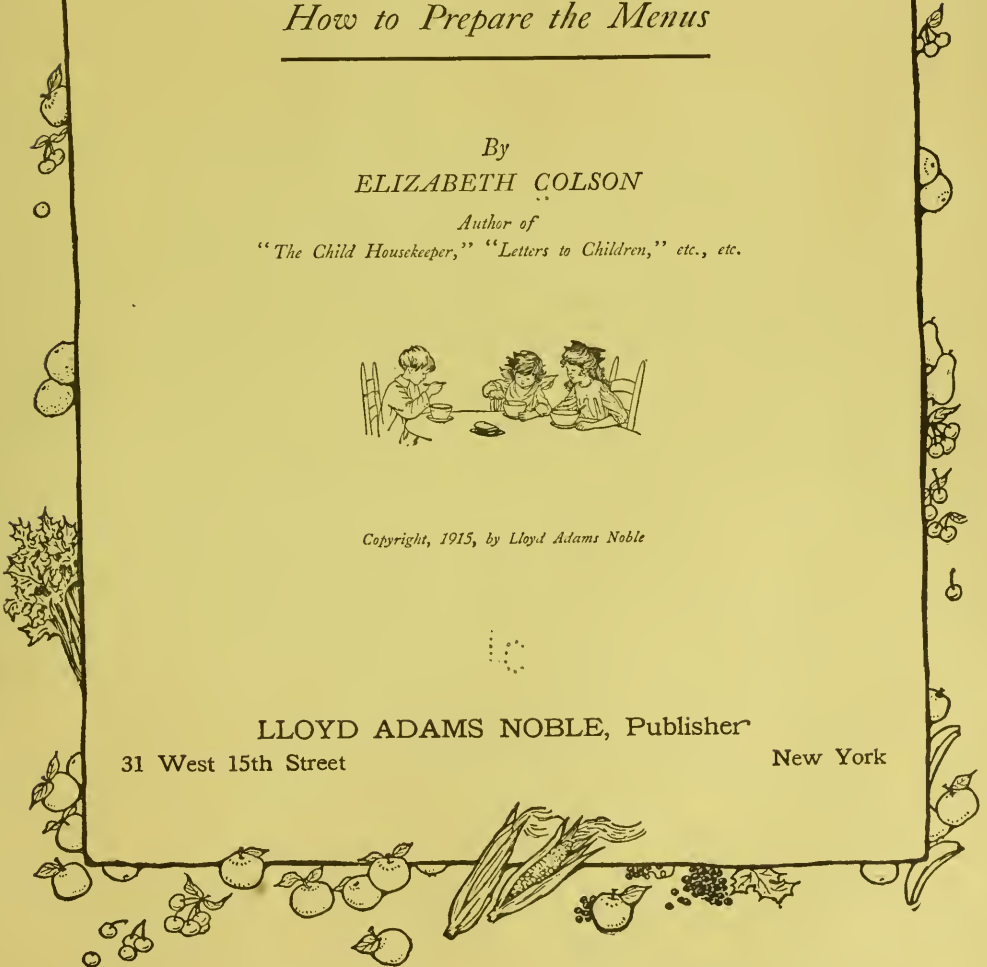


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31 West 15th Street

New York



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And if thou dost buy this book,  
Be sure that thou dost in it look,  
And read it o'er—then thou wilt say,  
Thy money is not thrown away.

— An Old Rhyme.

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## My Children's Table Rules

In silence I must take my seat,  
And give God thanks before I eat;  
Must for my food in patience wait  
Till I am asked to hand my plate.  
I must not scold, nor whine, nor pout,  
Nor move my chair or plate about;  
With knife, or fork, or anything,  
I must not play; nor must I sing.  
I must not talk about my food,  
Nor fret if I don't think it good.  
I must not cry for this or that,  
Nor murmur if my meat is fat.  
My mouth with food I must not crowd,  
Nor while I'm eating speak aloud;  
Must turn my head to cough or sneeze,  
And when I ask, say, "If you please."  
The tablecloth I must not spoil,  
Nor with my food my fingers soil;  
Must keep my seat when I have done,  
Nor 'round the table sport or run.  
When told to rise, then I must put  
My chair away with noiseless foot,  
And lift my heart to God above  
In praise for all His wondrous love.

# What My Children Love to Eat

*During the Spring*



## Menu No. 1

Coddled Eggs  
Buttered Toast  
Stewed Pie Plant  
Butter Cups

## Menu No. 2

Chicken Soup with Rice  
Celery Sandwiches  
Tapioca Cream

## Menu No. 3

Stuffed Potatoes  
Scraped Beef Sandwiches  
Stewed Strawberries  
Carrie's Cookies

## Menu No. 4

Chicken Custard  
Pulled Bread  
Milk in Glasses  
Ginger Cookies

## Menu No. 5

Creamed Ribbons  
Toasted Brown Bread  
Orange Juice  
Currant Bunnies

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An orange cut up and spread out on a plate  
Is all very well for occasions of state,  
But to make a small hole and to suck till it's done,  
With both hands to squeeze it, is much better fun.

*E. V. Lucas*



# What My Children Love to Eat

*During the Spring*



## Menu No. 6

Asparagus, on Buttered Toast

Junket

Carrie's Cookies

## Menu No. 7

Birds' Nests

Bread and Butter

Strawberry Jelly

Gingerbread

## Menu No. 8

Clam Broth

Pilot Biscuit

Jam

Currant Bunnies

## Menu No. 9

Asparagus Soup in Cups

Brownies

Stewed Cherries

Maple Sugar Sandwiches

## Menu No. 10

Cream Toast

Educators

Stewed Strawberries

Buttercups

One thing each time, and that done well,  
Is a very good rule, as many can tell:  
Moments are useless, trifled away;  
So work while you work, and play while you play.

*A. D. Stoddart.*

# What My Children Love to Eat

*During the Summer*



Menu No. 1  
Fresh Peas  
Cream Sauce

Raspberries

Bread and Sugar

Menu No. 2  
Chinese Rice  
Party Butter

Iced Orange Juice

Cookie Boys

Menu No. 3  
Shirred Eggs  
Brown Bread Toast

Apple Heaps

Crackers

Menu No. 4  
Yellow Milk, with Straws

Zwieback

Jam

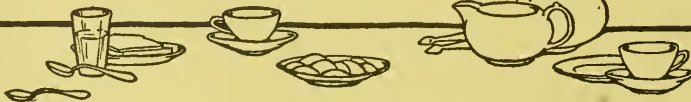
Menu No. 5  
Broiled Bacon  
Lettuce Sandwiches

Frozen Custard

Snakey Cakies

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"I must not throw upon the floor  
The crust I cannot eat,  
For many little hungry ones  
Would think it quite a treat."





# What My Children Love to Eat

*During the Summer*



## Menu No. 6

Bread Omelette  
Toast

Polly's Cookies

Iced Cocoa

## Menu No. 7

Scraped Beef Sandwiches

Milk, through Straws

Buttered Bunnies

## Menu No. 8

Chicken Soup

Bread and Butter Fingers

Ice Cream

Buttercups

## Menu No. 9

Boiled Spinach

Buttered Brown Bread

Slip-and-go-down

Brown Sugar and Cream

## Menu No. 10

Fairy Farina

Cream

Prune Jelly

Graham Bread Toast

Back of the loaf is the snowy flour,  
And back of the flour the mill;  
And back of the mill is the wheat, and the  
shower,  
And the sun, and the Father's will.



# What My Children Love to Eat

*During the Summer*



## Menu No. 11

	Lima Beans	
	Buttered Toast	
Blueberry Slump		Cream

## Menu No. 12

Bouillon in Cups		Lettuce Sandwiches
	Rice Jelly with Sweetened Cream	

## Menu No. 13

	Panada	
	Brown Bread and Butter	
Stewed Blackberries		Cookie Boys

## Menu No. 14

	Broiled Bacon	
	Boiled Rice	
Junket		Holiday Crackers

## Menu No. 15

	Poached Egg on Toast	
Raspberries		Lady Fingers

Though you decline to think it nice,  
 The mild Hindoo adores his rice,  
 And always hands his plate up twice,  
 So when you next the pudding view,  
 Suppress the customary "pooh,"  
 And imitate the mild Hindoo.

*E. V. Lucas.*



WHAT MY CHILDREN  
LOVE TO EAT

*During the Autumn Months*



# What My Children Love to Eat

*During the Autumn*



## Menu No. 1

Graham Bread Toast	Hominy Pudding	Jam
	Bacon Sandwiches	

## Menu No. 2

Baked Apples	Scotch Broth	Drop Cakes
	Egg Sandwiches	

## Menu No. 3

Cinnamon Toast	Stuffed Sweet Potatoes	Cocoa
	Thin Bread and Butter	

## Menu No. 4

Rice Jelly	Tomato Omelet	Snaky Cakies
	Bread Sticks	

## Menu No. 5

Sliced Peaches	Beef Tea in Cups	Ginger Cookies
	Buttered Toast	

There was an old woman who lived in a shoe,  
She had so many children she didn't know what to do.  
So she gave them some broth without any bread,  
And whipped them all soundly and put them to bed.

*Mother Goose.*



# What My Children Love to Eat

## *During the Autumn*



### Menu No. 6

	Creamed Ribbons	
	Pulled Bread	
Peach Tart		Cream

### Menu No. 7

	Chicken Sandwiches	
	Hot Milk	
Apple Fluff		Wheat Crisps

### Menu No. 8

	Pop Robbins	
	Cream and Sugar	
Spooned Peaches		Buttercups

### Menu No. 9

	Pumpkin Pudding	Bacon Sandwiches
Cream Toast		

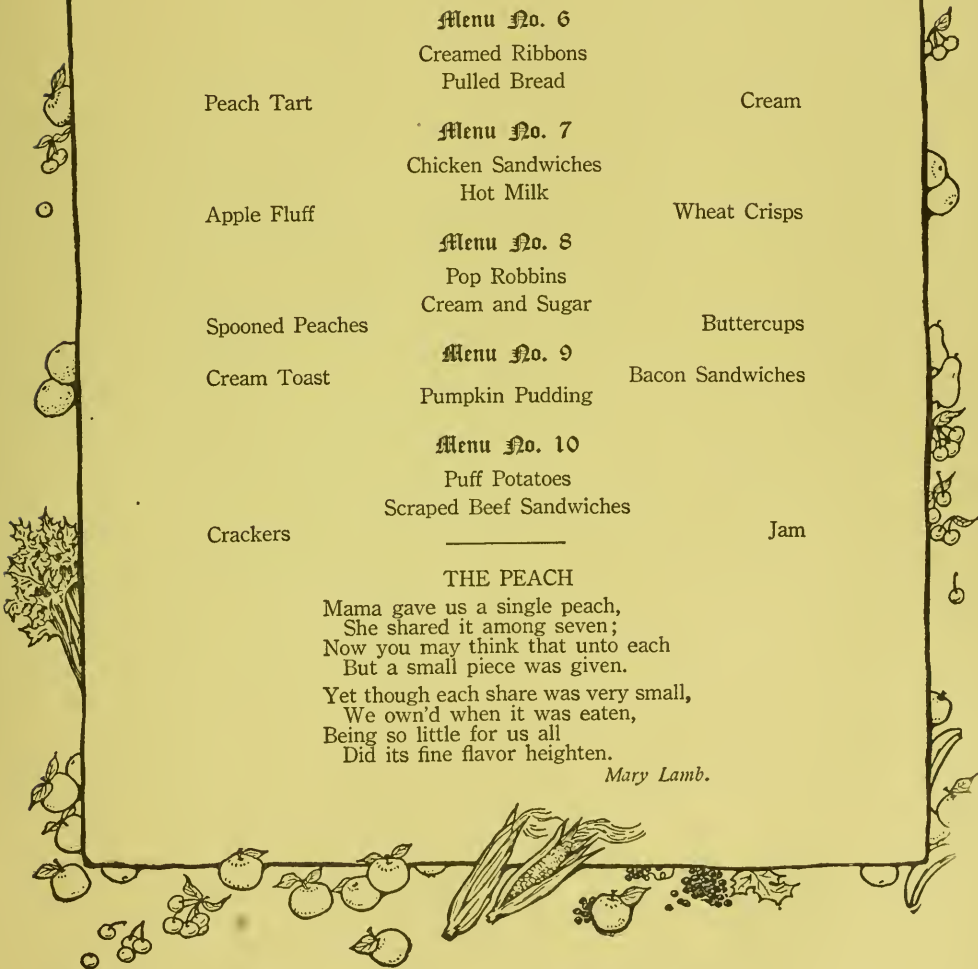
### Menu No. 10

	Puff Potatoes	
	Scraped Beef Sandwiches	
Crackers		Jam

### THE PEACH

Mama gave us a single peach,  
 She shared it among seven;  
 Now you may think that unto each  
 But a small piece was given.  
 Yet though each share was very small,  
 We own'd when it was eaten,  
 Being so little for us all  
 Did its fine flavor heighten.

*Mary Lamb.*



# What My Children Love to Eat

*During the Autumn*



## Menu No. 11

Lima Beans  
Lettuce Sandwiches

Angel Cake

Cocoa Shells

## Menu No. 12

Baked Tomatoes  
Bread Sticks

Sponge Cakes

Cambric Tea

## Menu No. 13

Birds' Nests  
Thin Bread and Butter

Sliced Peaches

Make-believe Juice

## Menu No. 14

Hodge-Podge  
Toasted Crackers

Mua Pies

Cream

## Menu No. 15

Dixie Sweet Potatoes  
Egg Sandwiches

Rosy Apples

Gingerbread

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No soil upon earth is so dear to our eyes  
As the soil we first stirred in terrestrial pies.

*O. W. Holmes.*



WHAT MY CHILDREN  
LOVE TO EAT

*During the Winter Months*



# What My Children Love to Eat

*During the Winter*



## Menu No. 1

Alphabet Soup  
Thin Bread and Butter  
Corn Starch Moulds  
Carrie's Cookies

## Menu No. 2

Poached Eggs  
Baked White Potatoes  
Strained Honey  
Bread

## Menu No. 3

Scraped Beef Sandwiches  
Milk in Glasses  
Indian Pudding  
Molasses Sauce

## Menu No. 4

Broiled Bacon  
Hominy Pudding  
Bread  
Jam

## Menu No. 5

Daisy Mush with Milk and Brown Sugar  
Scraped Apple Sandwiches  
Cocoa

---

"The wide Republic's emblem  
Is the bounteous, golden corn"

*What Dean Proctor.*





# What My Children Love to Eat

*During the Winter*



## Menu No. 6

Cold Chicken  
Chinese Rice

Apple Fluff

Ginger Bread

## Menu No. 7

Coddled Eggs  
Buttered Toast

Strawberry Jelly

Sweet Sticks

## Menu No. 8

Oyster Broth  
Butter Crackers

Orange Ruffle

Drop Cakes

## Menu No. 9

Peas Porridge Hot  
Brown Bread Toast

Prune Whip

Wafers

## Menu No. 10

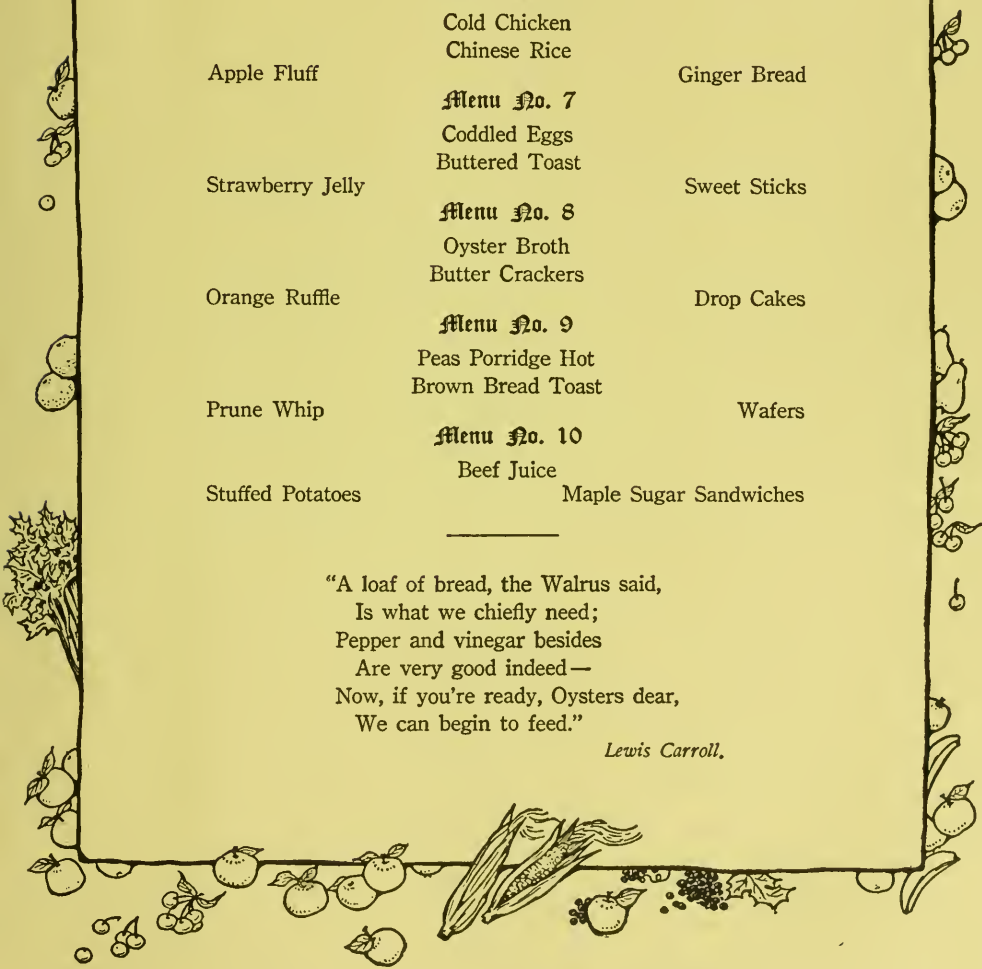
Beef Juice

Stuffed Potatoes

Maple Sugar Sandwiches

"A loaf of bread, the Walrus said,  
Is what we chiefly need;  
Pepper and vinegar besides  
Are very good indeed—  
Now, if you're ready, Oysters dear,  
We can begin to feed."

*Lewis Carroll,*



# What My Children Love to Eat

*During the Winter*



## Menu No. 11

Tapioca Beef Tea  
Brownies

Sliced Oranges

Sponge Cakes

## Menu No. 12

Broiled Bacon  
Baked Potatoes

Stewed Prunes

Cookie Boys

## Menu No. 13

Golden Toast  
Buttered Brown Bread

Apple Sauce

Holiday Crackers

## Menu No. 14

Scraped Beef Balls  
Creamed Spaghetti

Cinnamon Toast

Cocoa

## Menu No. 15

Potato Soup  
Pulled Bread

Baked Banana

Wafers

If children are good and their parents obey,  
If they are not noisy when they are at play,  
If they eat the nice soup which before them is set,  
And the bread above all things never forget,  
St. Nicholas comes, and to them he brings  
A nice picture book and many good things.



# WHAT MY CHILDREN LOVE TO EAT

*When Recovering from Illness*





## For the Child who is Recovering from an Illness

While my child was very ill the doctor told me exactly what to feed him, and I strictly obeyed. But as soon as he was well on the road to recovery the doctor permitted me to give him almost any delicate, nourishing foods until he was able to play and study with the other children.

Here are some of the menus which my children relished when recovering from illness. From these you can choose which ones your children shall have, because you know their likes and dislikes, and the nature of their illness.

---

“Here in my room  
I’m as snugly shut  
As a glad little worm  
In the heart of a nut!”

*James Whitcomb Riley.*

For the Child who is Recovering from  
an Illness

*Delicate, Nourishing Food*



Menu No. 1

Bread Sticks	Chicken Custard	Hot Milk
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Menu No. 2

Toast	Beef Juice	Orange Ruffle
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Menu No. 3

Prune Jelly	Panada	Pulled Bread
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Menu No. 4

Educatur Crackers	Junket	Cocoa
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The coals beneath the kettle croon,  
And clap their hands and dance in glee;  
And even the kettle hums a tune  
And tells you when it's time for tea.

*Gabriel Setoun.*

# For the Child who is Recovering from an Illness

*Delicate, Nourishing Food*



## Menu No. 5

Coddled Egg	Orange Juice
Bread and Butter Fingers	

## Menu No. 6

Cream Toast	Zwieback
Cocoa Shells	

## Menu No. 7

Scraped Beef Sandwich	Wheat Crisps
Corn Starch Gruel	

## Menu No. 8

Scotch Broth	Ice Cream
Thin Bread and Butter	

---

"Use three physicians:  
First, Dr. Quiet,  
Then Dr. Merryman,  
And then Dr. Diet."

*Old Rhyme.*



LUNCHES  
MY CHILDREN LOVE

*To Take to School*





## Lunches My Children Love to Take to School

When children are pale and cross their mothers and aunts sometimes say that they have been studying too hard. Perhaps, now and then, this may be the case; but more often it is because the children are not eating enough of the right kind of food. I once heard of a little girl who took pie, pickles, and strong tea to school in her lunch box. Of course she never passed her examinations! And does it surprise you to know that she had to go to the country for her health?

Sandwiches are the best things you can take; and there are so many kinds that you need never grow tired of them. If you have a preserve jar with a screw top you can take stewed fruits, puddings, and such things in your lunch box.

In some schools there are lunch counters. If there is a good one in your school buy a cup of cocoa or a bowl of soup, and take it with what you have brought from home.

Here are some lunches that will help you to keep well and happy.

---

“Get up, for when all things are merry and glad  
Good children should never be lazy and sad;  
For God gives us daylight, dear sister, that we  
May rejoice like the lark, and may work like the bee.”

*Lady Mary Hastings.*



# Lunches My Children Love

*To Take to School*



## Menu No. 1

Egg, Bread and Butter Sandwiches  
Jar of Apple Sauce

Drop Cake Sweet Chocolate

## Menu No. 2

Brown Bread and Butter, Chopped Ham Sandwiches  
An Orange

Carrie's Cookies Dates

## Menu No. 3

Lettuce Sandwiches

Buttered Bun Apples  
Gingerbread Peppermints

## Menu No. 4

Hard Boiled Egg  
Graham Bread and Butter

Jar of Stewed Peaches Pixie Rocks Nuts

## Menu No. 5

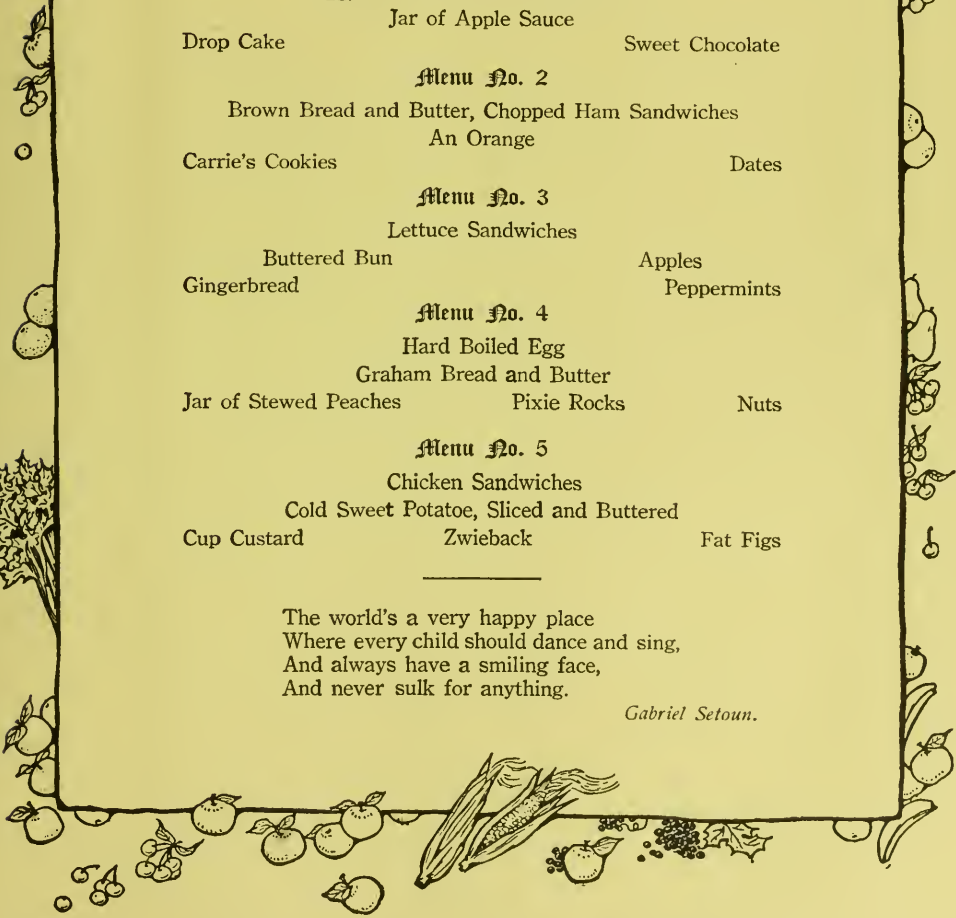
Chicken Sandwiches  
Cold Sweet Potatoe, Sliced and Buttered

Cup Custard Zwieback Fat Figs

---

The world's a very happy place  
Where every child should dance and sing,  
And always have a smiling face,  
And never sulk for anything.

*Gabriel Setoun.*



# Lunches My Children Love

*To Take to School*



## Menu No. 6

	Bacon Sandwiches	
	Prunes	
Maple Sugar	Jar of Rice Custard	Sweet Sticks

## Menu No. 7

	Hearty Jim Sandwiches	
	Banana	
Angel Cake	Currant Jelly	Maple Sugar

## Menu No. 8

	Stuffed Egg	
	Bread and Butter	
Washed Prunelles	3 Marshmallows	Cookie Boys

## Menu No. 9

	Celery Sandwiches	
	Graham Wafers	
Peach	Sponge Cake	Nuts

## Menu No. 10

	Hard Boiled Egg	
	Brown Bread Butterfingers	
Pear	Holiday Crackers	Snaky Cakies



# WHAT MY CHILDREN LOVE TO EAT

*When They Go for a Picnic*





## Picnics

Everybody would love picnics if they knew what to take, what to do, and when to come home. How much to take is the first thing to learn. If the boys are going you will have to provide plenty; remember how good everything tastes at a picnic. Dishes and extra silver are heavy to carry. Bring waxed paper napkins, paper towels, and paper or wooden plates, that can be thrown away after they have been used. Fold the paper cups the day before the picnic, and you will find them a great help; each person should have at least two cups. In packing the lunch basket, count noses, and try to prepare only those foods which you know everyone will like. It is not pleasant to find that there are things left uneaten which must be carried home.

Come home while you are having a good time, then each one will feel that the picnic was a success. No thoughtful child would leave anything that the birds and squirrels cannot eat. Papers, boxes, and egg-shells would spoil the beauty of the place for the next picnic; therefore, look around before you leave and gather up the odds and ends. If you want to have a bonfire picnic, go in the afternoon, have an early supper, and afterwards sit around the fire for singing and story-telling until dark.

Potatoes on the table  
To eat with other things,  
Potatoes with their jackets off  
May do for Dukes and Kings.  
But if you wish to taste them  
As Nature meant you should,  
Why, cook them at a rubbish fire,  
And eat them in a wood.

# What My Children Love to Eat

## *At a Bonfire Picnic*



Bacon—Broiled on sharpened sticks  
Potatoes, Green Corn—Roasted in the ashes  
Egg and Lettuce Sandwiches  
Bread and Butter                  Jam                  Campers' Short Bread  
Cake    Apples and Peaches  
Toasted Marshmallows

---

If you have a hay-ride picnic you can take with you more things to eat, because then it is not necessary for you to carry them. Have a freezer of ice cream tied under the wagon. It will be a surprise, for the children need not see the cream until lunch time. You can take a pail of ice, too, and cool the drinking water, the lemonade, or the ginger ale, as the case may be.

# What My Children Love to Eat

## *At a Hay-ride Picnic*



Stuffed Eggs, in waxed papers  
Chicken and Lettuce Sandwiches                  Bread and Butter  
Brown Sugar Sandwiches  
Ice Cream                  Ginger Ale                  Butter Cups



# When Mother Plans Our Picnic

*This is What She Gives Us to Eat*



After all, the kind of picnic that you can have often is the best. A few of the people you like very much, a box of lunch, and a raincoat, is all you really need.

## Picnic No. 1

Slices of cold beef or chicken, salt and pepper, in waxed paper

Hearty Jim, Bread and Butter, Jam Sandwiches

Drop Cakes

Oranges

Sweet Chocolate

## Picnic No. 2



Hard Boiled Eggs, salt and pepper

Saratoga Chips

Bacon, Chicken, Currant Jelly Sandwiches

Ginger Bread

Peaches and Apples

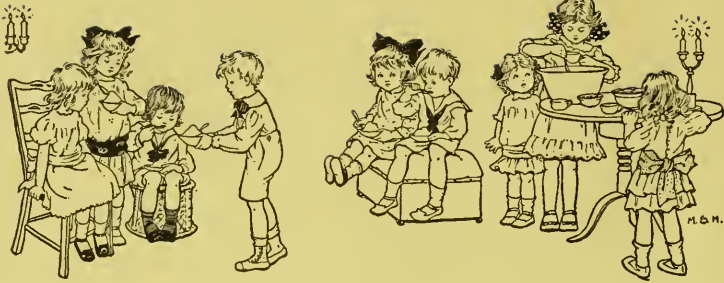
Grape Juice



# WHAT MY CHILDREN LOVE TO EAT

*When They Give a Party*





## Children's Parties

A party for small children should take place in the afternoon and if the supper is served at about the usual supper time, no harm is done if the menu is simple. Pretty cases in which to serve the ice-cream, and many festive things in the way of favors and mottoes can be bought now-a-days, and they add very much to the joys of the afternoon without risking the good health of the little guests.

There is some doubt as to whether a party at which ice-cream is not served can be called a "party." But sometimes ice-cream is hard to manage, so you will find among the menus one or two suggestions for substitutes.

---

With chocolate-cream that you buy in the cake  
Large mouthfuls and *hurry* are quite a mistake.

Wise persons prolong it as long as they can  
By putting in practice this excellent plan :

The cream from the chocolate lining they dig  
With a Runaway match or a clean little twig.

And then, when the cream is all finished, there still  
Is the chocolate lining to eat as they will.

With ices 'tis equally wrongful to haste ;  
You ought to go slowly and dwell on each taste.

Large mouthfuls are painful as well as unwise,  
For they lead to an ache at the back of the eyes.

*E. V. Lucas.*



**What My Children Love to Eat**  
*When They Give a Birthday Party*



**Menu No. 1**

Bouillon  
Lettuce Sandwiches  
Ice Cream Flowers      Birthday Cake with Candles  
Bonbons

**Menu No. 2**

Creamed Chicken  
Buttered Finger Rolls  
Ice Cream in Egg Shapes      Spun Sugar Nest  
Individual Birthday Cakes  
Candies in Mottoe Papers

**What My Children Love to Eat**  
*When They Give a Party During the Summer*



**Menu No. 1**

Chopped Chicken Sandwiches  
Rose Leaf Sandwiches  
Junket with Whipped Cream—Buttercups—Pink Icing  
Wintergreen Cream Candies

**Menu No. 2**

Chicken Custard      Thin Bread and Butter  
Watermelon Marbles  
Snaky Cakies      Marshmallow Mice

**Menu No. 3**

Foamy Milk through Straws  
Buttered Finger Rolls  
Ice Cream Flowers      Cookies      Chocolate Creams

# What My Children Love to Eat

*When They Give a Party During the Winter*



## Menu No. 1

Hot Chocolate with Marshmallow on top  
Chicken Sandwiches  
Ice Cream in Cases                      Angel Cake  
Letter Peppermints

## Menu No. 2

Chicken Broth with Whipped Cream  
Thin Bread and Butter  
Frozen Custard in Sherbert Glasses                      Drop Cakes  
Lollypop Ladies

## Menu No. 3

Bouillon  
Wheat Crisps  
Sponge Baskets, filled with Whipped Cream  
Decorated Peppermints

---

I could wish my best friends at such a feast.

*Shakespeare.*



# HOW TO PREPARE THE FOODS

*My Children Love To Eat*



# Bread

**BREAD.**—(1 cup milk,  $\frac{1}{2}$  teaspoonful sugar,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  yeast cake, 3 cups flour). First soften the yeast in a little lukewarm water, and scald the milk. Sift the flour. Put the salt and sugar in the mixing bowl, and pour in the milk, adding the yeast now thoroughly mixed with the water. Then stir in the flour, beating the batter until it is full of bubbles. Add the flour gradually, a little at a time. When the batter is too stiff to beat, spread a little flour on the dough, and knead it until it grows spongy, until its surface becomes smooth, and it rises quickly after you have poked it with your finger. Place this dough in a bowl or bread-raiser, cover it over and stand it in a warm place. Let it rise until it attains twice its original bulk. Yeast is a tiny plant, so small that we cannot see it without a magnifying glass. We wish it to grow very fast, so we give it plenty to eat and put in a warm place. The little plants push the dough up, and around about, until its size is twice what it was at first. The dough will become full of air-holes. When this has happened, shape the dough into loaves, laying them in the pans in which you are going to bake. Let this dough-loaf now rise for the second time, until its bulk is again doubled. The bread is then ready for the oven.

Experience must teach you how to bake your bread. Have the oven so hot that it will turn a piece of paper brown if left there for the space of five minutes. Keep the oven at an even temperature, and let the bread bake from 45 to 60 minutes. Do not forget to grease your pans with lard before putting in the dough.

**BREAD STICKS.** When you make bread cut off a piece of dough after it has raised for the second time. Roll this dough with your hands into long sticks; and bake it until it becomes entirely crisp. To make sweet sticks, work 2 tablespoonfuls of sugar and a pinch of cinnamon into the dough before rolling it into sticks.

**BROWNIES.** Butter slices of bread very lightly, and cut into cubes. Dry, and brown them in the oven; and let the children have all they want.

**BROWN BREAD.**—(1 cup milk, 1 teaspoonful sugar,  $\frac{1}{2}$  cup molasses, pinch of salt, 1 egg, 2 cups whole wheat flour, 1 cup corn meal, 2 teaspoonfuls baking powder). This is very easy to make! Place all these things in a mixing bowl and beat them up. Bake for an hour in a slow oven. Mary makes this often, and she says the bread is best when it is 24 hours old.

**BUNS.**—( $\frac{1}{2}$  cake yeast, 2 cups flour, 1 cup milk,  $\frac{1}{2}$  cup melted butter, 2 teaspoonfuls sugar, 4 eggs,  $\frac{1}{2}$  teaspoonful cinnamon). Soften the yeast in the milk, and stir in the sugar and flour. Let it rise as you do bread. Add the melted butter and the beaten eggs. Knead, and let it rise again for an hour. Mould into balls about the size of a golf ball. Arrange them all side by side in buttered tins and sprinkle with sugar. Wait 15 minutes before you bake them, and they will rise a little more. Currant bunnies have a washed currant baked on top of each bun, and plum bunnies, a raisin.

**CINNAMON TOAST.** Start the toast just as though nothing unusual was going to happen. When it is time to turn the bread over, butter the white side and sprinkle it with sugar and a little cinnamon. Then finish the toasting and eat hot.

**CREAM TOAST.**—(1 teaspoonful butter, 1 teaspoonful flour, salt, 1 pint of milk, plenty of hot toast). Melt the butter, and rub the flour into it. Add this to the hot milk, and stir until smooth. Boil for ten minutes or more, and pour over hot toast in heated soup plates. This is a good dish for cold or rainy weather.

**GRAHAM BREAD.** Graham bread is made just like white bread, until you come to the place where it is put in the pan to rise for one more hour. At that point, add 3 tablespoonfuls of molasses and 2 cups of graham flour. Knead until the graham flour is all worked in. Perhaps it would be well to add a little salt.

**GRAHAM WAFERS.** They are made like wheat crisps except for the flour which is half graham.

**GOLDEN TOAST.** Make the cream sauce as you did for cream toast, and add two well beaten eggs after you take it from the fire. Leave the sauce in the double boiler covered for a few minutes to cook the eggs. If you put it back on the fire it will curdle. Pour over the toast and lay slices of hard boiled egg on top.

**PULLED BREAD.** Cut stale bread rather thick, take off all crusts, and let it dry and brown in a cool oven. If you cut the bread into long narrow pieces before you brown it, some good "pushers" for the babies can be made.

**WHEAT CRISPS.**—(*½ cup cream, ½ cup sifted flour, pinch of salt, 1 teaspoonful sugar*). Mix and knead. Roll as thin as blotting paper, cut with a cookie cutter or in strips. Bake in ungreased tins in a very hot oven.

**ZWIEBACK.** There are a great many recipes given for Zwieback, but the simplest way is about the best. Cut the bread as you did for pulled bread, sprinkle freely with sugar and cinnamon; then brown and dry it in a cool oven.

**CAMPERS' SHORT BREAD.**—(*1 cup sifted flour, ½ teaspoonful baking powder, 1 teaspoonful lard and butter, 1 saltspoon salt*). Mix the flour, baking powder, and salt in a small covered pail before you start. When the fire is low enough for toasting, mix the butter and lard through the flour; wet with very cold water until it is a soft dough; take off a small piece and roll it between your hands until you have a long piece of dough as large around as your little finger. In the meantime somebody must be cutting birch branches not more than half an inch in diameter. Peel off the bark, and twist the dough around the branches; twirl over the fire until the bread becomes a light brown; then eat it from the stick as you would eat corn from the cob.

## Cakes

**ANGEL CAKES.**—(*Whites 2 eggs, ¼ cup flour (sift 3 times), ¼ cup powdered sugar, ¼ teaspoon cream of tartar, vanilla, pinch of salt*). Beat egg whites until stiff, add cream of tartar and vanilla. Sift in the sugar, beating all the time. Fold in the salt and flour. Drop from a teaspoon into pans lined with fresh ungreased paper, and bake 10 minutes.

**BIRTHDAY CAKE.**—(*1 cup sugar, 1 egg, 2 tablespoonfuls butter, 1½ cups flour, ½ cup milk, 1 teaspoonful baking powder*). Cream the butter and sugar, and add the beaten yolks and the milk; sift in the flour and baking powder, and beat well. Now put in the vanilla, and last of all the whites of the eggs as light as you can get them. Bake in a round tin.

**FROSTING.** Beat 1 egg-white very light, and sift into it one scant cupful of powdered sugar. You can smooth the frosting on the cake with a wet knife.

**DECORATIONS.** Pink or white candles are always delightful, and the tiny red tapers used for warming sealing wax are very pretty for a small cake. You can buy them by the box at the stationer's, and they are inexpensive. A circle of little candies, or candied cherries cut in half, makes a pretty edge. The candies come so small that you can form the birthday-child's initial, or the number of his years, in the center of the cake. Narrow strips of Angelica will form leaves and stems for candied cherries, and you can buy a small piece from the confectioner and cut it yourself. The decorations must be done while the frosting is soft, so it is well to have everything ready.

Serve the cake on a raised dish if you have one, and a ruff of mottoe papers will hide any imperfections around the edge of the cake.

A Birthday Cake decorated with marshmallow mice is interesting. Place the mice around the edge of the cake, so that there will be one on each slice when the cake is cut. Have them face the edge, and place one large pink candle in the middle of the cake.

Another way is to bake your cake in an oblong pan, turn upside down and frost. Save a little frosting, and mix a teaspoonful of cocoa and a little water with it; when the frosting on the cake is hard make a little cone of paper, leaving a hole in the end. Fill the cone with the chocolate frosting and write or print the child's name and address, as the frosting drips through. The cake is then supposed to look like a letter.

**INDIVIDUAL BIRTHDAY CAKES.** Bake your cake in little tins, one for each child at the party. Frost and place a candle on each. Decorate the edges of the cakes with small candies and serve on lace paper doilies. This makes a very pretty picture while the candles are burning, for each little face is lighted.

**BUTTER CUPS.**—(1 cup sugar, 1½ cups flour, ½ cup butter, 2 scant teaspoonfuls baking powder, ½ cup milk, 3 eggs, vanilla or nutmeg). Cream the sugar and butter and add the beaten yolks and the milk. Sift in the flour with the baking powder in it, and then the stiffly beaten whites. Bake in small gem tins.

**CARRIE'S COOKIES.**—(1 cup sugar, 1 egg, ½ cup butter, 2 teaspoonfuls baking powder, ¼ cup milk, flour to roll, flavor with nutmeg or lemon). Mix these together in your bowl; roll thin, and cut with round cutter. Bake in cake tins.

**COOKY BOYS.** Use Carrie's recipe, and a cutter called a "boy cutter." You can buy these cutters now, although some big sisters are smart enough to cut them out with a knife. If you use small round candies for eyes and coat buttons, they look very well.

**DROP CAKES.**—(½ cup butter, 2 eggs, 1 cup sugar, 2 cups flour, ½ cup milk, 2 level teaspoonfuls baking powder). Put these things in your mixing bowl in the order given, and beat well. Drop on buttered tins from a teaspoon, and bake in a quick oven.

**GINGERBREAD.**—(½ cup molasses, ½ teaspoonful soda, ½ teaspoonful ground ginger, 1 tablespoonful butter, ¼ teaspoonful salt, ¼ cup boiling water, 1 cup flour). Add the salt, soda, and ginger to the molasses, and beat in the butter, melted. The boiling water comes next, and then the flour. Bake for about 20 minutes.

**GINGER COOKIES.**—(1 cup molasses, 1 teaspoon ground ginger, ½ cup butter, ½ teaspoonful baking powder, flour to make a soft dough). Mix, and make into small cakes, with plenty of flour on your hands to keep the dough from sticking. Bake in buttered tins.

**PIXIE ROCKS.**—(*½ cup butter, 1 teaspoonful baking powder, 1 cup sugar, ½ teaspoonful ground ginger, 2 cups flour, ½ cup milk*). Drop from a teaspoon on buttered tins, and bake. The rocks in that little place where the Pixies live are quite soft,—but many things are different there.

**SNAKEY CAKIES.** Use Carrie's recipe for cookies. When you have rolled out the dough, cut it in strips, and lay in the pan. Turn the strips about to form the letter S or any snake-like twist that happens. Perhaps you can make the children's initials, and they always like that.

**SPONGE CAKE.**—(*2 eggs, juice of ½ lemon, 1 cup sugar, 1½ cup sifted flour, pinch salt, 1 teaspoonful baking powder*). Beat the yolks of the eggs, add the sugar and beat again, add the lemon juice, then the flour in which the baking-powder has been mixed, and lastly the whites beaten stiff. Bake in a shallow pan in a quick oven.

## Cereals

**CHINESE RICE.** Wash ½ cup of rice very thoroughly and sprinkle into one quart of salted boiling water. Boil until you can rub one of the grains away between your fingers. If the water is not all gone, let it stand to dry for a while with the cover off. "Eattee up."

**DAISY MUSH.** Have one pint of salted water boiling in the double boiler. Stir into it a cup of corn meal moistened with one cup of cold water. Boil on the range for two hours or for a longer time in the fireless cooker. When it is cooked beat one cup of boiled rice (either hot or cold) through it and let it cook again for fifteen minutes. Serve hot with milk and sugar.

**FAIRY FARINA.** Stir three tablespoonfuls of farina and ½ teaspoonful of salt into half a cupful of hot milk. Scald two cupfuls of milk or one of milk and one of water, and add the farina. Cook slowly for half an hour. Mould in egg cups and serve with sweetened cream.

**HOMINY PUDDING.** Put a cupful of hominy and a cupful of cold water into the double boiler and let it stand until the water is all gone. Add one cupful of water and a half teaspoonful of salt, and boil for two hours. Beat into it one pint of milk and two tablespoonfuls of butter. Let it boil again for fifteen minutes. This can be eaten hot, and what is left mould in cups and eat cold with a little syrup at another time.

**RICE JELLY.** Soak one tablespoonful of rice for an hour; drain off the water and put the rice in half a cupful of milk. Salt and cook in the double boiler for one hour. Add the white of one egg beaten stiff and mould in cups. Turn out and serve cold with milk and sugar or fruit juice.

## Desserts

**BLUEBERRY SLUMP.** Cut the crusts from thick slices of bread. Butter freely and lay in a china bowl. Stew a quart of blueberries, sweeten a little more than usual and, when thoroughly done, pour while boiling over the bread. This is to be eaten cold, with cream, if you like, although it is very good without.

**CORNSTARCH MOULDS.**—(1 quart milk, 3 teaspoonfuls sugar, 3 level teaspoonfuls cornstarch, pinch of salt, ½ teaspoonful vanilla). Stir the cornstarch into ½ cup of the milk; and then mix well with the rest of the milk after it has been heated in the double boiler. Put in the sugar and salt and cook for fifteen minutes. Add the vanilla when you have taken it from the stove and pour into egg cups. When firm, turn out and serve with sweetened cream or fruit juice.

**FROZEN CUSTARD.**—(1 quart milk, 6 teaspoonfuls sugar, 4 eggs, pinch of salt, vanilla extract). Heat the milk in the double boiler. Beat the eggs and add the sugar to them. Pour the hot milk over the eggs and sugar, stirring all the time and return to the double boiler and the fire. Stir until the custard coats the spoon. When you have taken it from the fire add the vanilla, and when it is cool freeze in the ice-cream freezer.

**ICE-CREAM.**—(2 cups milk, 6 teaspoonfuls sugar, 2 cups cream, 3 eggs, vanilla extract). Scald the milk in the double boiler. Beat the eggs and stir one-half of the sugar with them. Pour the hot milk over the eggs, stir all the time, you know, and return to the double boiler. Cook until as thick as rich cream. Take from the fire and add the rest of the sugar and the vanilla; and when cold beat in the cream, and freeze. This may be flavored in any way you like, and for a party it can be made pink by dissolving in it a tiny crumb of vegetable coloring matter. One small tablet will provide a great deal of pinkness for a great many parties.

**ICE-CREAM FLOWERS.** Buy small new flower pots and line them with paraffine paper. Fill the pot with ice-cream and stand a flower in the centre. Any small flowers with stiff stems are pretty. You can use chocolate ice-cream or sprinkle the top with grated sweet chocolate, to make it look more like earth.

**INDIAN PUDDING.**—(1 quart milk, pinch of salt, 5 teaspoonfuls corn meal, 2 teaspoonfuls molasses, 2 eggs, pinch of ginger). Boil the milk and add the meal very slowly to keep it smooth. Boil for half an hour and allow to cool. Then add the beaten eggs, the salt, molasses and ginger. Pour into a baking dish and bake brown. To be eaten hot. Use for a sauce 1 cup of heated molasses in which a tablespoonful of butter has been melted.

**JUNKET.**—(1 quart milk, ½ cup sugar, 1 junket tablet, vanilla). Begin by dissolving 1 junket tablet in a few drops of water. Leave the milk on the fire until it is warm, not hot. Stir in the sugar and vanilla and last the dissolved tablet. Pour as quickly as you can into small glasses or a glass bowl. Let it stand just where it is for half an hour. It will then be firm and you can put it on the ice. You can break the tablet into halves or quarters for a smaller quantity of junket. For a party, serve in sherbet glasses with a peak of whipped cream decorated with a scrape of nutmeg or a sprinkle of pink sugar. You can buy a small quantity of pink sugar at a confectioner's, and keep it for special occasions.



**MUD PIES.** Make the recipe for Cornstarch Moulds; adding 4 teaspoonfuls of cocoa, mix to a paste in a little water. Add the cocoa when you put in the cornstarch, and cook for 15 minutes. Mould in cups and serve with milk.

**PEACH TART.** Cut the crusts from thick bread and butter. Lay slices of freshly cut peaches on the bread, and sugar well. Bake until sticky and brown. Serve cold, and for company add a peak of whipped cream.

**PUMPKIN PUDDING.** Peel and cut into small pieces a Boston squash. It is more delicate and easier to cut than a real pumpkin. Steam until tender, and rub through a colander. To 1 pint of squash, add 1 pint of milk,  $\frac{1}{2}$  cup sugar, 2 teaspoonfuls molasses, 2 eggs, and 1 teaspoonful of cinnamon; beat well, pour into a baking dish and bake until set and brown.

**PRUNE WHIP.**—(6 prunes, whites of 4 eggs,  $\frac{1}{2}$  cup of sugar). Stew the prunes until very tender. Take out the stones, and mash to a fine pulp. Beat the egg whites very stiff, add the sugar and the prune pulp. Continue to beat until the prunes are well mixed through. Serve cold.

**PRUNE JELLY.**—( $\frac{1}{2}$  pound prunes,  $\frac{3}{4}$  cup powdered sugar, 1 lemon,  $\frac{1}{4}$  box gelatine). Soak the prunes over night. Press them through a colander the next morning and add the juice of the lemon and the sugar. Cover the gelatine with cold water and let it soak for an hour. Add a cup of boiling water and mix with the prune pulp. Heat until just ready to boil and pour into egg cups or a jelly mould. Turn out when firm, and serve.

**SLIP-ANDGODOWN.** Another way of having junket. Combine the dissolved tablet and the warm milk without sugar or flavoring. When set, cool and serve with brown sugar and cream.

**SPONGE BOXES.** Use the little oblong sponge cakes to be bought at the baker's. Cut out the centres and fill with whipped cream, sweetened and flavored. You can lay a candied cherry or preserved strawberry on top and serve on lace paper doilies, if it is for a party.

**STRAWBERRY JELLY.**—(1 quart strawberries, 1 cup sugar,  $\frac{1}{2}$  box gelatine, 1 pint boiling water,  $\frac{1}{2}$  cup cold water). Soak the gelatine in the cold water for an hour. Crush the berries, mix them with the sugar and let them stand an hour. Put the berries through the colander. Pour the boiling water over the gelatine, and when all is dissolved add the strawberries and sugar. If all this does not measure one quart add water or the jelly will be too firm. In winter you can use canned or preserved berries.

**TOM THUMB PUDDING.**—(1 cup rice,  $\frac{1}{2}$  cup butter, 3 cups milk, 2 teaspoonfuls brown sugar, 2 eggs, 2 teaspoonfuls white sugar, pinch of salt, pinch of cinnamon). Cook the rice and, when done add the milk and boil fifteen minutes. Stir in the salt and a tablespoonful of the butter. Beat the eggs with the white sugar and stir in when you take the rice from the fire. Beat the brown sugar, the rest of the butter, and the cinnamon together, and spread it over the hot rice when you have put it into the dish in which you wish to serve it. Serve very hot. One of Tom Thumb's adventures was the dropping into a dish of this very pudding. An eagle was flying over the castle with Tom Thumb dangling from its beak just as King Arthur's cook was crossing the yard, carrying the pudding. Tom Thumb dropped right into it. "Wasn't that a pretty dish to set before the King?"

## Eggs

**BIRD'S NESTS.** Separate the yolks from the whites of as many eggs as there are children to be served. Beat the whites very stiff and heap on pieces of buttered toast. Make a little hollow in the middle of each and carefully slip a yolk into it, sprinkle with salt and brown in the oven.

**CODDLED EGGS.** "The best boiled egg is one that is not boiled at all." Put the eggs in cold water and let them heat to the boiling point, stand aside in the hot water for five minutes. This jellies the egg and makes it very digestible.

**OMELET.** A good omelet for children is a bread omelet. Soak half a cupful of bread crumbs in half a cup of milk and add it to 4 eggs, well beaten and salted. Pour into a hot frying pan in which a tablespoonful of butter has been melted. When the edge begins to show brown lift one side of the omelet with a cake turner and fold it over. It is then ready to be served on a hot platter.

**POACHED EGGS.** Put as many muffin rings in your frying pan as you have eggs to cook. Cover the rings with water and let them boil. Draw the pan to a cooler part of the stove, or turn down the gas, as the case may be, and break an egg carefully into each ring. When the eggs have cooked for ten minutes without boiling, lift ring and all on a cake turner to a piece of buttered toast. Take off the ring, and a dash of salt finishes the dish.

**SHIRRED EGGS.** Butter little baking cups and break an egg into each. Lay a crumb of butter on top, and sprinkle with salt. Bake until the eggs are firm and serve in the cups in which they were cooked.

**STUFFED EGGS.** Cut hard boiled eggs in half and remove the yolks. Crumb the yolks with a fork and stir in a few drops of vinegar and some olive oil. Salt and pepper the mixture, and fill the hard whites with it. Put the halves together, and if they are for a picnic roll each egg in waxed paper, leaving the paper long enough to twist the ends.

## Liquid Food

**COCOA HOT AND COLD.** The directions on the box may make cocoa that is too rich for children. A good rule is: a level teaspoonful of the powdered cocoa for each cup of milk. Rub the cocoa smooth in a little water, and stir through the milk as it is heating in the double boiler. Cook for at least ten minutes, and sweeten to taste. On a hot day serve it in glasses, ice cold.

**COCOA SHELLS.** Boil 1 cup of shells in 1 quart of water for two hours on the fire, or for 4 or 5 hours in the fireless cooker. Add milk or cream and sugar at the table. This is not so rich as cocoa, and because of its different flavor makes a pleasant change.

**CAMBRIC TEA.** Even cambric tea is better if it is made in the right way. Put the cream and the sugar in the cup and pour in the boiling water. Brown sugar gives it the color of tea and also a slight flavor.

**CORNSTARCH GRUEL.** Rub 1 tablespoonful of cornstarch smooth in a little water, and stir into a cup of milk. Salt and boil for twenty minutes. If it is too thick add hot milk.

**FOAMY MILK.** Beat the white of an egg into a glass of milk, with sugar and a trace of bitter almond. Serve with straws, if you need to make it more attractive.

**ORANGE JUICE.** Squeeze the juice of an orange and strain into a glass with a little chipped ice.

**YELLOW MILK.** Beat an egg very light and add enough milk to fill a glass. Sweeten and flavor with nutmeg or a little vanilla.

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“I sing the saucer and the cup,  
Pray, Mary, fill the teapot up.  
And do not make it strong.”

## Fruit

**APPLE FLUFF.**—(2 cups apple sauce, 3 egg whites). Add the beaten egg whites to the apple sauce and mix thoroughly. Serve cold.

**APPLE HEAPS.** Pare summer apples and grate on a coarse grater. Serve in heaps on dessert plates and sprinkle with sugar if the apples are not sweet.

**BAKED BANANA.** Peel one side of each banana and arrange them in a baking dish, peeled side up. Put a teaspoonful of sugar and butter the size of a marble on each. Bake for twenty minutes with a little water in the pan, and serve hot or cold.

**BAKED PIEPLANT.** Peel young pieplant and cut it in pieces an inch long. Put it in a baking dish. Sugar freely and cover with water. Bake in a slow oven for two hours. This is really very different from stewed pieplant and makes a nice change.

**FAT FIGS.** Wash a plate of figs and stand in the steamer until soft and plump; cool and serve.

**ORANGE RUFFLE.** For each child allow one egg and one orange. Whip the white of the egg very light, and beat the juice of the orange and a little sugar into it. Serve in glasses.

**ROSY APPLES.** Peel and core the apples, and place them in a baking pan. Put about an inch of water in the pan and two tablespoonfuls of currant jelly. Fill the centres of the apples with sugar and baste often. The apples will be pink and there will be a little syrup, formed by the water and the jelly, to pour over them. Two or three cranberries in the centre of each apple when baking will produce rosy fruit if the currant jelly is not at hand.

**SLICED PEACHES—MAKE-BELIEVE JUICE.** Take 1 cup of sugar,  $\frac{1}{2}$  cup of water and butter the size of an olive. Boil together, adding a level tablespoonful of flour. Slice one peach into it just before you take it from the fire; this takes the place of cream on sliced peaches.

**SPOONED PEACHES.** Peaches can be eaten uncooked by well children. Cut in half and remove the stone. Eat out of the skin with a teaspoon as you would eat a muskmelon. This way of serving saves the table linen many a stain.

**WATERMELON MARBLES.** Use the firm centre of the watermelon and cut with the cutter used for making potato balls. Heap in glass saucers with powdered sugar. The melon can be cut in cubes the size of cut sugar, but the marbles are more attractive.

## Odds and Ends

**CREAM SAUCE.**—(*1 teaspoonful flour, 1 cup hot milk, 1 teaspoonful butter, salt, pepper*). Melt the butter, and rub the flour, salt, and pepper into it. Stir this through the hot milk until it is very smooth. Let it boil until the flour is well cooked, or about ten minutes.

**CHICKEN CUSTARD.**—(*1 cup chicken soup strained, 1 teaspoonful melted butter, 1 cup milk, 3 egg yolks, salt*). Put the soup in the double boiler and add to it the milk and melted butter. Scald the mixture, and take from the fire. Stir in the beaten yolks and the salt. Put it back to cook very slowly until it begins to thicken. Fill custard cups and serve when firm and cold.

**HOLIDAY CRACKERS.** Spread soda crackers with frosting, and brown in the oven. To be eaten hot or cold.

**MARGUERITES.** Spread crackers with jam and put a small peak of beaten white of egg in the centre of each. Brown in the oven and eat hot or cold.

**MARSHMALLOW TOASTIES.** Place marshmallows on crackers and brown in the oven. These are better eaten hot.

**PARTY BUTTER.**—(*Cream 1 teaspoonful butter and 3 teaspoonfuls of powdered sugar*). Flavor with vanilla or lemon, and when very soft add the white of an egg, unbeaten. Use the egg beater until the mixture will stand. Serve as a sauce. It will often take the place of cream.

**SWEETENED CREAM.** Put 1 tablespoonful of gelatine to soak in a pint of milk for half an hour. Heat in the double boiler until it steams, but do not let it come to a boil. Add 1 tablespoonful of sugar, and 1 teaspoonful of rose water. This will take the place of cream, many times, and is very nice when ice cold. A pitcher of half milk and half cream, flavored and sweetened, is often used instead of cream.

**PANADA.** Butter pilot biscuit, sprinkle with salt and lay in a bowl. Pour boiling water over the biscuit, cover the bowl and stand away until the biscuits are clear. Eat with cream and sugar or with sweetened cream.

**POP ROBBINS.**—(*1 egg, 1 quart milk, 1 cup flour, salt*). Rub the egg and flour together until formed into grains, like rice. Add slowly to the boiling milk, stirring all the time. When thick as porridge it is done and should be eaten hot with milk and sugar.

**PEPPERMINT DROPS.**—(1 cup granulated sugar, ½ tablespoon powdered sugar, pinch of cream of tartar, 10 drops peppermint).

“Take one cup of coarse white sugar, three big spoons of water cold, Boil this mixture well together, do exactly as you’re told.

Take from stove, add cream of tartar, peppermint about 10 drops, Half a spoon of powdered sugar, work fast, there’s no time for stops.

Beat this mixture just two minutes, drop on paper smooth and clean, When they’re done, I think you’ll call them good enough to give a queen.”

**LETTER PEPPERMINTS.** The large cream peppermints that you buy are better for this. Make colored icing and write the children’s initials, pouring the liquid candy through a very small cone. For fancy peppermints, use the small cone, colored icing and your good taste. A large drop in the centre or a circle near the edge makes a pretty candy.

**LOLLYPOP LADIES.** Buy lollypops at some good store. Leaving on the paper, paint or draw a face on the smoother side. Dress in a skirt, shawl, and frilled cap of colored tissue paper.

**MARSHMALLOW MICE.** These take some time and skill, but are well worth while. Choose soft, fresh marshmallows. Pinch one corner a little and draw eyes and nose with red ink. Thread a needle with white cotton and draw through where the whiskers should come, and cut them the right length. Cut white paper ears in pairs so that they will be alike; if you leave a sharp point you can push it down into the marshmallow and it will help to form the head. The ears are better if you can color the paper pale pink on the inner side. If you are making a number of mice, color a small sheet of paper with a crayon or water color, and then cut all the ears at once. For a tail, break off a length of white worsted, take it between the points of your scissors, and push into the marshmallow. It will stay when you pull the scissors out. Children always love marshmallow mice, and they often grow grey in the service.

## Sandwiches

**BACON.** Bread that has been baked 24 hours is best for sandwiches. Soften the butter and spread the bread before you cut each slice. Chop broiled bacon (either hot or cold) very fine and use as a filling between bread and butter slices.

**CELERY.** Choose the tender inside stalks of celery and chop fine. Salt and use as filling.

**EGG.** Crumb hard boiled eggs and mix with a little olive oil, a few drops of vinegar, pepper and salt. Spread between slices of bread and butter.

**HEARTY-JIM.** Push cold baked beans through a colander and salt well. If the beans were baked with pork, chop a piece of it fine and beat through. Spread generously on buttered bread. These sandwiches are very hearty and are much enjoyed by boys.

**LETTUCE.** Cut young lettuce leaves both ways with a pair of scissors. Season and lay between thin slices of bread and butter.

**MAPLE SUGAR.** Spread scraped maple sugar between slices of bread and butter. Brown sugar is almost as good.

**ROSE LEAF.** Cut thin bread and butter into rounds with a cookie cutter. Sugar the slices, and lay one or two fresh pink rose petals between—near the edge so that they will show where the pieces are put together.

**SCRAPED APPLE.** Peel one side of a good eating apple and scrape with a sharp knife. Spread the scrapings on buttered bread and sprinkle with sugar. Lay a buttered slice on top.

**SCRAPED BEEF SANDWICHES.** Use raw beef from the round, scrape with a sharp knife. Cut crust from thin buttered bread, spread with beef pulp and salt. Toast after sandwich has been put together, as though the whole were one slice of bread.

## Soups

**ASPARAGUS SOUP.** Carefully wash and scrape a bunch of asparagus. Cut off the tips and boil them. Cut in short lengths the green that is left on the stalks, and cook in one pint of water until soft. Press through a colander.

Rub a tablespoonful of flour and one of butter together, and stir with the asparagus pulp into one quart of hot milk. Boil ten minutes, season well with salt and pepper, and add the tips when you have drained the water from them.

**ALPHABET SOUP.** Make beef tea, and add plenty of alphabet noodles. They must boil for 20 minutes. The letters are nourishing, and amusing.

**BEEF TEA.** Cut one pound of lean, raw beef in small pieces, removing all the fat. Cover with 4 teacupfuls cold water and let it stand an hour. Cook slowly for an hour. Season with salt and pepper and serve in cups.

**BEEF JUICE.** Cut one pound of lean, raw beef in small pieces, and put it in a preserve jar with a salt-spoon of salt. Set the jar on the stove in a kettle of cold water. Heat very slowly and let it simmer for two hours. Serve very hot in small cups.

**BOUILLON.** Put in your soup kettle 2 pounds of lean, raw beef, cut fine, and a soup bone well cracked. Cover with cold water, and let it heat slowly and simmer for two hours. Season with salt and pepper and a few drops of Kitchen Bouquet. Take from the fire and remove the meat and the bone. When cold skim off the fat, return to the fire and drop in the white of an egg to clear it. Bring it to a boil, pour through a colander lined with cheese cloth, and serve.

**CLAM BROTH.** Put one dozen clams that have been washed clean in a kettle with a little water, and heat until the clams are open. Chop up the clams and put back into the juice. Heat a quart of milk and pour the clams and juice into the milk when both have been taken from the fire, otherwise it will curdle. If you like, melt through it a little butter. It will be salt enough.

**HODGE PODGE.** Start with beef tea and add to it two tomatoes, one potatoe cut in small pieces, stalk of celery, 6 okras, and any cold chicken, boiled rice, macaroni or noodles you may have in the ice box. Cook for at least half an hour.

**OYSTER BROTH.** Cook one pint of oysters in their juice until the beards curl. Have a quart of scalding milk ready and pour together, off the stove. Season and serve.

**POTATOE SOUP.** One cup mashed potatoe, one onion, 4 cups of milk, 3 table-spoonfuls butter, salt and pepper. Heat the milk and the onion together; add the potatoe and the butter; boil five minutes, strain and serve.

**PEAS PORRIDGE HOT.** Put a scant cup of split peas to soak the night before. In the morning drain and boil in one quart of water. When the peas are soft, put them through a colander, and stand the porridge back on the fire. Beat a tablespoonful of butter through it, and add pepper, salt, celery salt and onion juice until it tastes good. Some people boil a slice of pork in it. Serve very hot in porringers.

**SCOTCH BROTH.** Take 3 pints of water that mutton has been boiled in, and 1 cup of barley that has been soaking for 3 hours. Chop fine an onion, a stalk of celery, and a spear of parsley, and cook for two hours in the soup with the barley. Ten minutes before serving thicken the soup with 2 tablespoonfuls of flour.

**TAPIOCA BEEF TEA.** To beef tea add 2 tablespoonfuls of "Instant" tapioca, twenty minutes before the soup is done. Tapioca is very nourishing and digestible, as it is prepared for us now-a-days.

## Vegetables

**BAKED TOMATOES.** Cut a slice from the stem end of as many tomatoes as you wish to serve. Scoop out the centres and mix with boiled rice, melted butter, and salt. Put the mixture in the tomatoes and bake 20 minutes.

**CREAMED RIBBONS.** Buy the flat ribbon or egg macaroni. Perhaps your grocer calls it "noodles." Break up a cupful and boil in salted water 35 minutes, or until very tender. Drain and serve in cream sauce.

**CREAMED SPAGHETTI.** Is cooked just as are the ribbons, except that it needs ten minutes longer boiling.

**DIXIE SWEET POTATOES.** Cut cold boiled sweet potatoes in slices and place them in a baking dish. Butter and sugar each layer and bake until brown.

**PUFF POTATOES.** Stir into one pint of mashed potatoe a half cupful of hot milk. Salt and pepper, and beat in the whites of two eggs. Bake in a pudding dish until a good brown.

**STUFFED POTATOES.** Cut off the ends of hot baked potatoes, scoop out the inside and beat all together in a bowl with a little milk, butter, and salt. Put the mixture back into the skins and brown them in the oven. Sweet potatoes are stuffed in the same way.



*Your children will  
some day look back and  
think of the things  
which really contributed  
to their early education.*

*Will these remem-  
brances include any of  
the books which you are  
buying for them now  
when they are young?*

- Mother Goose Rhymes My Children Love  
Mother Goose Songs My Children Love  
Mother Goose Pictures My Children Love to Cut Out and Assemble  
My Children's Scrap Book  
Shadow Pictures My Children Love to Make  
What My Children Love to Eat and How I Prepare the Menus  
Mottoes My Children Love to Color and Frame (Paint Book)  
Home Songs My Children Love  
Piano Pieces My Children Love  
My Children's Robert Louis Stevenson Paint Book  
My Children's Eugene Field Paint Book  
Anderson's Fairy Pictures My Children Love to Color (Paint Book)  
Grimm's Fairy Pictures My Children Love to Color (Paint Book)  
Colored Crayons My Children Use (assorted colors)  
Paints and Brush My Children Use  
Paste My Children Use  
Pieces My Children Love to Speak  
All About My Baby (Baby's Record Book)
- 
- Songs My Father Loves  
Songs My Mother Loves  
Songs My Sister Loves  
Songs My Brother Loves
- Piano Pieces My Father Loves  
Piano Pieces My Mother Loves  
Piano Pieces My Sister Loves  
Piano Pieces My Brother Loves

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## Songs My Father Loves

### A PARTIAL LIST OF CONTENTS

Home, Sweet Home  
 Ben Bolt  
 Annie Laurie  
 The Old Oaken Bucket  
 Home, Can I Forget Thee  
 Flow Gently, Sweet Afton  
 Rocked in the Cradle of the Deep  
 Listen to the Mocking-Bird  
 Hard Times Come Again  
 No More  
 My Old Kentucky Home,  
 Good Night  
 Tom-Big-Bee River  
 The Old Cabin Home  
 Old Folks at Home  
 John Brown's Body  
 Massa's in De Cold Ground  
 Old Black Joe  
 Sailing  
 Tarpaullio Jacket  
 Nancy Lee  
 Larboard Watch

The Middijimite  
 Merrily We Roll Along  
 The Future Mrs. Awkins  
 My Old Dutch  
 The Battle Cry of Freedom  
 Soldier's Farewell  
 Tramp! Tramp! Tramp!  
 Yankee Doodle  
 Just Before the Battle, Mother  
 Nearer, My God to Thee  
 Dixie's Land  
 Captains Jinks  
 Marching Through Georgia  
 Dear Old Pal  
 The Star Spangled Banner  
 America  
 We're Tenting To-Night  
 The Son of God Goes Forth  
 to War  
 Onward, Christian Soldiers  
 Jesus, Lover of My Soul  
 Work for the Night is Coming



## Songs My Mother Loves

### A PARTIAL LIST OF CONTENTS

Sweet and Low  
 Dream Faces  
 Ah, 'Tis A Dream  
 Oft in the Stilly Night  
 Bonnie Doon  
 Dearest Spot is Home  
 Blest Be the Tie That Binds  
 The Bridge  
 I Cannot Sing the Old Songs  
 The Heart Bowed Down  
 Darling Nelly Grey  
 The Last Rose of Summer  
 Now the Day is Over  
 Love's Old Sweet Song  
 Love, I Will Love You Ever!  
 Darby and Joan  
 John Anderson, My Jo  
 Home, Sweet Home  
 The Blue Bells of Scotland  
 Rock of Ages  
 The Lord is My Shepherd  
 Old Hundred  
 Softly Now the Light of Day

The Ninety and Nine  
 The Old Arm Chair  
 Now the Day is Over  
 Lullaby from Erminie  
 American Cradle Song  
 French Cradle Song  
 German Cradle Song  
 Italian Cradle Song  
 Go to Sleep, Lena Darling  
 (Emmet's Lullaby)  
 Come, All Ye Faithful  
 My Faith Looks Up to Thee  
 Nearer, My God, to Thee  
 Lead, Kindly Light  
 Jerusalem the Golden  
 Jesus, Lover of My Soul  
 Holy Night  
 Abide with Me  
 The Lost Chord  
 The Lord's Prayer  
 I Love to Tell the Story  
 One Sweetly Solemn Thought  
 God Be with You



## Songs My Sister Loves

### A PARTIAL LIST OF CONTENTS

Comin' Thro' the Rye  
 Beauty's Eyes  
 Good-Bye, Sweetheart  
 When the Swallows Home-ward Fly  
 Forsaken  
 Drifting  
 We'd Better Bide A Wee  
 I Love Thee, Darling  
 Then You'll Remember Me  
 Douglas  
 The Blue Alsatian Mountains  
 Am I Not Fondly Thine Own  
 Take Back the Heart  
 Two Roses  
 Last Night  
 Those Evening Bells  
 Some Day  
 Weary

I Dream I Dwelt in Marble  
 Halls  
 Robin Adair  
 Ever of Thee  
 Love Smiles No More  
 You and I  
 Rock Me to Sleep, Mother  
 My Mother Dear  
 Sleep, Gentle Mother  
 Home, Sweet Home  
 Long, Long Ago  
 In the Gloaming  
 In Happy Moments  
 Good-Bye  
 "No, Sir!"  
 Hark! I Hear a Voice  
 Where, O Where?  
 Funiculi, Funicula  
 The Little Tin Soldier  
 Hours There Were



## Songs My Brother Loves

### A PARTIAL LIST OF CONTENTS

Vive L'Amour  
 Landlord Fill the Flowing  
 Bowl  
 Bingo  
 Meerschbaum Pipe  
 Three Blind Mice  
 Bohunkus  
 Solomon Levi  
 Noah's Ark  
 I've Lost My Doggie  
 Mush, Mush  
 The Mermaid  
 Ba-Be-Bi-Bo-Bu  
 Crow Song  
 The Bull-Dog  
 Where Has My Little Dog  
 Gone  
 Polly-Wolly-Doodle  
 Thine Eyes are Blue and  
 Dreaming  
 A Warrior Bold

Farewell Forever  
 My Bonnie  
 Updee  
 Nut-Brown Maiden  
 The Quilting Party  
 Bring the Wagon Home, John  
 My Last Cigar  
 Stars of a Summer Night  
 Dear Evelina, Sweet Evelina  
 Over the Banister  
 Twinkling Stars are Laughing,  
 Love  
 Juanita  
 Drink to Me Only with Thine  
 Eyes  
 Wait for the Wagon  
 When the Corn is Waving  
 Only a Face at the Window  
 Auld Lyng Syne  
 Good-Night, Ladies  
 Where, O Where?

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